

# PREPARING FOR HURRICANE DURING THE COVID-19 PANDEMIC 2020

Planning for hurricane season and other potential disasters can be stressful, and because the 2020 hurricane season comes during the [COVID-19 pandemic](#), it may be especially so.

Public health and emergency response professionals have advice to help you safely prepare, evacuate, and shelter for severe storms while protecting yourself and others from COVID-19. Here are some tips to help you and your family stay safe during hurricane season this year.

- Understand that your planning may be different this year because of the need to protect yourself and others from COVID-19.
- Give yourself more time than usual to [prepare your emergency food, water, and medicine supplies](#). Home delivery is the safest choice for buying disaster supplies; however, that may not be an option for everyone. If in-person shopping is your only choice, take steps to [protect your and others' health when running essential errands](#).
- Protect yourself and others when filling [prescriptions](#) by limiting in-person visits to the pharmacy. Sign up for mail order delivery or call in your prescription ahead of time and use drive-through windows or curbside pickup, if available.
- Pay attention to local guidance about updated plans for evacuations and shelters, including [potential shelters for your pets](#).
- If you need to evacuate, prepare a “go kit” with [personal items](#) you cannot do without during an emergency. Include items that can help protect you and others from COVID-19, such as hand sanitizer, or bar or liquid soap if not available, and two cloth face coverings for each person. Face covers should not be used by children under the age of 2. They also should not be used by people having trouble breathing, or who are unconscious, incapacitated, or unable to remove the mask without assistance.
- When you check on neighbors and friends, be sure to follow [social distancing](#) recommendations (staying at least 6 feet, about 2 arms' length, from others) and [other CDC recommendations](#) to protect yourself and others.
- If you need to go to a disaster shelter, follow CDC recommendations for staying safe and healthy in a [public disaster shelter](#) during the COVID-19 pandemic.

## Stay Safe after a Hurricane

In addition to following guidance for staying safe and healthy [after a hurricane](#), note that:

- You should continue to use [preventive actions](#) like washing your hands and wearing a [face covering](#) during clean up or when returning home.
- It may take longer than usual to restore power and water if they are out. Take [steps to prevent carbon monoxide poisoning](#) if you use a generator.
- If you are injured or ill, contact your medical provider for treatment recommendations. Keep wounds clean to prevent infection. Remember, accessing medical care may be more difficult than usual during the pandemic.
- Dealing with disasters can cause stress and strong emotions, particularly during the COVID-19 pandemic. It is natural to feel anxiety, grief, and worry. [Coping with these feelings and getting help](#) when you need it will help you, your family, and your community recover.
- People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms.

## HURRICANE: Disaster Kit Checklist

Hurricane Season has commenced. If you have not gathered your supplies you might need to start preparing as soon as possible. In case of an evacuation or in an emergency and store your items in an easy to carry-waterproof container such as duffle bag or a backpack.

- A least one gallon of water per day per person for at least three to seven days.
  - Non perishable snacks or canned food for at least three to seven days.
  - Man can opener
  - Change of clothing, rain gear and sturdy shoes
  - Bedding for a small space
  - Prescription medications
  - Personal hygiene items
  - Special items such as food for infants, elderly or disabled members of your family.
  - Garbage bags
  - First aid kit
  - Fully charged portable electronics devices with charges
  - Quiet games, toys or reading materials
  - Eyeglasses, contact lenses, hearing aid, batteries.
  - Pet care items, including food and water
  - Flashlights, battery powered radio and batteries
  - Extra set of keys
  - Cash
  - Important documents in a waterproof container or bag.
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- **Tropical Storm Watch**
    - Tropical storm conditions are possible, usually within 48 hours.
  - **Tropical Warnings**
    - Tropical storm conditions are possible, usually within 36 hours.
  - **Tropical Storm**
    - Sustained winds of 39 to 73 mph
  - **Hurricane Watch**
    - Hurricane conditions are possible, usually within 48 hours.
  - **Hurricane Warning**
    - Hurricane conditions are expected, usually within 36 hours.
  - **Hurricane**
    - Sustained winds of 74 mph or higher.

## HURRICANE: SAFFUR-SIMPSON HURRICANE WIND SCALE

Category 1: 74 to 95 mph

Category 2: 96 to 110 mph

Category 3: 111 to 129 mph

Category 4; 130 to 156 mph

Category 5: 157 mph or higher